

Tomato, bean and pasta soup



Ingredients

- 1 onion, chopped
- 2 celery sticks, sliced
- 1 clove garlic, crushed
- 1 x 15ml spoon oil
- 2 large cans chopped tomatoes
- 1x5ml spoon mixed herbs
- 1 can cannelloni beans, drained
- 600ml water (1 stock cube, optional)
- 50g small pasta shells
- Basil leaves, optional
- Parmesan cheese, optional

Equipment

Chopping board, knife, measuring spoons, garlic press, can opener, saucepan, wooden spoon.

Method

1. Prepare the vegetables.
2. Fry the onions, celery, and garlic in the oil for 3-4 minutes until soft.
3. Add the tomatoes and herbs.
4. Simmer gently for about 10 minutes, covered, stirring occasionally.
5. Add the beans, water and pepper.
6. Cook for 20 minutes.
7. Add the pasta and cook for another 5–10 minutes, until the pasta is cooked.
8. Taste the soup and season with black pepper, if liked.
9. To serve sprinkle with basil and parmesan